



DONG QUAI - *ANGELICA SINENSIS*

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms and/or the statements are synonymous. Either term or statement may be selected by the applicant.

Date November 27, 2012

Proper name(s)

Angelica sinensis (Oliv.) Diels (Apiaceae) (USDA 2009; McGuffin et al. 2000)

Common name(s)

- ▶ Dong quai (derMarderosian and Beutler 2009; McGuffin et al. 2000)
- ▶ Chinese angelica (USDA 2009; McGuffin et al. 2000)
- ▶ Dang gui (NS 2012; USDA 2009; Chen and Chen 2004; McGuffin et al. 2000)
- ▶ Dāng guī (PPRC 2010; Bensky et al. 2004)

Source material(s)

root (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004)

Route(s) of administration

oral

Dosage form(s)

- ▶ The acceptable pharmaceutical dosage forms include, but are not limited to capsules, chewables (e.g. gummies, tablets), liquids, powders, strips or tablets.
- ▶ This monograph is not intended to include foods or food-like dosage forms such as bars,

chewing gums or beverages.

Use(s) or Purpose(s)

Statement(s) to the effect of

Used in Traditional Chinese Medicine (TCM) to invigorate and harmonize/ tonify the blood (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004).

Note

A claim for a traditional use must include the term “Traditional Chinese Medicine”.

Dose(s)

Subpopulation(s)

adults (≥ 19 years)

Quantity(ies)

Decoction:

4.5-15 g dried root, per day (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004).

Prepared root:

4.5-15 g prepared¹ root, per day (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004).

¹ Refer to Appendix 1 for the TCM method of preparation for Dong quai root.

Directions for use

Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy (NS 2012; Thorne 2004).

Duration of use

For use beyond 6 months, consult a healthcare practitioner (NS 2012; Hirata et al. 1997).

Risk information

Statement(s) to the effect of

Caution(s) and warning(s)

For all adults:

- ▶ If you have family history of cancer, consult a healthcare practitioner prior to use (NTP 2008;

Schumacher et al. 2007).

- ▶ If you are taking blood thinners/ anticoagulants, consult a health care practitioner prior to use (NS 2012; Brinker 2010; WHO 2004).

For women only:

- ▶ If you are breastfeeding, consult a healthcare practitioner prior to use (NS 2012).
- ▶ If you are taking birth control pills, consult a health care practitioner prior to use (NS 2012; Brinker 2010).
- ▶ If you are taking hormone replacement therapy (HRT), consult a health care practitioner prior to use (NS 2012).
- ▶ If menstruation is delayed or absent, or if you experience increased menstrual bleeding time, discontinue use and consult a health care practitioner (NS 2012; Brinker 2001).

Contraindication(s)

For all adults:

- ▶ If you have diarrhoea or haemorrhagic diseases, do not use this product (Bensky et al. 2004; Chen and Chen 2004; WHO 2004).
- ▶ If you have allergy/ hypersensitivity to members of the Apiaceae/ Umbelliferae family (anise, caraway, carrot, celery, dill, parsley), do not use this product (NS 2012).

For women only:

- ▶ If you are pregnant, do not use this product (NS 2012; WHO 2004).
- ▶ If you have hypermenorrhoea/ profuse menstrual flow/ heavy periods, do not use this product (WHO 2004).

Known adverse reaction(s)

For women only:

If you experience breast pain, discomfort and/or tenderness, discontinue use and consult a health care practitioner (Schumacher et al. 2007; Thorne 2004; Russell et al 2002).

Non-medicinal ingredients

Must be chosen from the current NHPD *Natural Health Products Ingredients Database* (NHPID) and must meet the limitations outlined in the database.

Storage conditions

Store in an airtight container in a cool, dry place protected from moisture (Ph.Eur. 2013; WHO 2004).

Specifications

- ▶ The finished product must comply with the minimum specifications outlined in the current NHPD *Compendium of Monographs*.
- ▶ The medicinal ingredient must comply with the requirements outlined in the *Natural Health Products Ingredients Database* (NHPID). In addition, the medicinal ingredient may comply with the specifications outlined in the pharmacopoeial monographs listed in Table 1 below.

Table 1 *Angelica sinensis* monographs published in the British (BP) and European (Ph.Eur.) Pharmacopoeias

Pharmacopoeia	Monograph
BP	Angelica Sinensis Root for use in THM Processed Angelica Sinensis Root for use in THMP
Ph.Eur.	Angelica sinensis radix

References cited

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Appendix 1 TCM method of preparation for Dong quai root:

Baked:

Slice fresh root, fry or bake the roots until dried (Bensky et al. 2004).

OR

Slice fresh root, fry or bake the roots until dried and blackened (Bensky et al. 2004).

OR

Slice fresh root. Spray with rice wine. Once the wine is absorbed, fry or bake the roots until dried and blackened (Bensky et al. 2004).

OR

Slice fresh root. Spray with rice wine. Once the wine is absorbed, fry or bake the roots until dried (Bensky et al. 2004).

Stir fried:

Slice the roots and stir bake with wine to dryness (PPRC 2010).